

ABSTRACT

The invention relates to a method and device for detecting the type of physical exercise, in which method the accelerations caused by the exercise of a person are measured by an exercise type detector (10) in three dimensions and in which characteristics describing the acceleration, so-called membership degree functions, are calculated from the measurement results, by means of which characteristics the type of exercise is detected. In the method according to the invention, only an identifier indicating the type of exercise is saved in the memory of the exercise type detector, for which reason the memory capacity required in the device is small.